

SATISFYING SNACK MIX

Higher Fiber, Lower Saturated Fat, Lower Sodium, Vegetarian

Serves: 25 (Serving = 1 cup)

Nutrition (per serving)

Calories: 190

Total Fat: 8 g

Saturated Fat: 3 g

Sodium: 106 mg

Total Carbohydrate: 26 g

Dietary Fiber: 3 g

Total Sugars: 12 g

Protein: 4 g



Ingredients

- 14 cups (4 - 2.69 ounce bags) Orville Redenbacher's® SmartPop!® Kettle Corn

- 7 cups Brown Sugar Quaker® Oatmeal Squares
- 2 cups honey roasted peanuts
- 2 cups M&Ms®

Directions

1. Pop popcorn according to package directions.
2. In a large bowl, mix all ingredients until well combined.



OSF®
HEALTHCARE